



# NEWS RELEASE

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FOR IMMEDIATE RELEASE:

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## **VA Employees to Join in 2K Walk+Roll May 16 Benefits Homeless Veterans, Promotes Health, Wellness**

**OMAHA**, Neb. — The Department of Veterans Affairs Nebraska-Western Iowa Health Care System is hosting a 2K “Walk and Roll” event at its Omaha, Lincoln, and Grand Island, Neb., facilities May 16 to coincide with National Employee Health and Fitness Day.

The event will also encourage employee support of homeless Veterans.

“Last year, VA’s 2K events were hugely successful with over 16,000 employees participating and VA collecting donated goods estimated at \$172,000,” said Secretary of Veterans Affairs Eric K. Shinseki. “I am proud of all VA employees who participated in the past and challenge even more individuals to walk or roll in support of homeless Veterans.”

VA employees will walk the 2-kilometer path at each of the VA facilities. Employees are also being encouraged to bring non-perishable items to donate to VA homeless Veterans’ support programs.

**MEDIA NOTE:** News media interested in reporting on the events at any of the three campuses should contact the VA NWIHCS Public Affairs Office at 402-995-4719 or e-mail [William.ackerman@va.gov](mailto:William.ackerman@va.gov).

VA’s employee wellness program is known as WIN (Wellness Is Now). WIN empowers employees with the knowledge, skills and tools they need to create a culture of health and wellness. Further, WIN encourages employees to use their appreciation of wellness to inspire Veterans to have healthier lifestyles.

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WIN integrates traditional occupational safety and health programs with health promotion activities, addressing both workplace and worker health. Through this program staff find opportunities to embrace healthy and positive lifestyle choices that sustain and improve their own health, reduce preventable injuries and illnesses, reduce absenteeism and enable them to do their important work of serving the nation's Veterans.

The VA Nebraska-Western Iowa Health Care System's mission is to honor America's Veterans by providing exceptional health care that improves their health and well-being. VA NWIHCS employees serve more than 161,000 Veterans in Nebraska, western Iowa and portions of Kansas and Missouri. The system includes a tertiary medical center in Omaha and a Community Living Center in Grand Island, Neb. Community-based outpatient clinics are located in Lincoln, Grand Island, North Platte, Norfolk, and Bellevue, Neb., and Shenandoah, Iowa; and a contract outreach clinic in O'Neill, Neb. For more information, visit [www.nebraska.va.gov](http://www.nebraska.va.gov).

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